



“Thought linked with purpose becomes **ACCOMPLISHMENT.**”

“**ATTITUDE**... is a state of mind that sets you apart from the rest”

“**COURAGE** is believing in yourself – a lesson only you can teach yourself.”

“There is **NOTHING** we achieve without some measure of failure.”

“When you feel you’re on the edge of new beginnings – get behind yourself and **PUSH!**”

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Comfortone and Detoxzyme Help Me with Weight Loss

by Mary Starr

A recent article published in a major preventative health magazine noted 4 different saboteurs to weight loss. I personally have struggled with my weight since I was a kid.

TOXINS were the first noted. We accumulate toxins from the food we eat, products we use, and even air we breathe. But a huge culprit of generated toxins is our COLON.

Nutritionist Brenda Watson and Dr. Lenord Smith, a leading gastrointestinal specialist and expert on nutritional supplementation, both agree that CONSTIPATION LEADS TO SERIOUS HEALTH RISKS.

Constipation slows down food transit time (in to out). The transit time should be less than 24 hours. When the transit time is longer than this purified materials stay in the colon longer, and toxins can enter the bloodstream through the intestinal wall. This can lead to autointoxification. Constipation leads to a build up of toxic sludge along the intestinal walls.

So literally just from being constipated you could experience:

- Low Energy
- Indigestion
- Depression
- Obesity
- Headaches
- Arthritis
- Allergies
- Autoimmune Disorders
- And Many More Health Issues.
- Gas Bloating
- Irritability
- Brain Fog
- Diverticulitis
- Bad Breath
- Body Odor
- PMS

I personally suffered with low energy, irritability, allergies, bloating and brain fog. Then I found Young Living’s Comfortone and Detoxzyme. My body loves this combination.

Since I began using them I no longer have any of these symptoms. I could not believe how much my allergies improved in just 3 weeks! I started religiously using this combination in August and since then I have lost 15 lbs. Even though I have not significantly changed my diet or exercise routine plus I ate all the goodies throughout the holidays I still lost weight! It is amazing!

I challenge those of you wanting to lose some extra weight to try it for yourself. You will be surprised how much better your clothes feel on with less bloating, and that extra belly weight will start to melt off.

And if you suffer with any of the other related symptoms then this combination of Detoxzyme and Comfortone is a must!

Detoxzyme is a combination of vegetable enzymes that helps digest food, plus old waste materials and slug along the intestinal wall. It promotes cleansing, digestion and detoxification. Something we all need.

Comfortone, a colon cleanser, helps create movement in the colon. When you get build up colon movement decreases.

How I take Comfortone and Detoxzyme?

Because my colon doesn’t move at all I will take 4 Comfortone right before bed and 3-4 when I wake up in the morning. Detoxzyme I take 1-2 capsules before, during or after meals. If I take 1or 2 capsules throughout the day it even gives me better cleaning.

How do you start?

Take 1 Comfortone in the AM or before breakfast and 1 before bedtime. The next couple of days increase it to 2 and 2, then 3 and 3 until you get runny stools, then you

Comfortone and Detoxzyme

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would decrease the dosage by one and that is your combination. Some people are 3-4 like me some are 1-1. Detoxzyme can be taken with meals, or outside of meals or both. 1-2 capsules at a time is fine. After a while you will be able to decrease the amounts as your body cleanses.

What makes us constipated?

A **diet** high in sugars, processed foods, starches, alcohol, all contribute to constipation. A person on the average American Diet may have as much weight as 8 meals worth of putrefying food in the colon. Did you know John Wayne died with more than 40 lbs of fecal matter in his colon; WOW!

Medications like antidepressants, pain medications, diuretics, and antacids that have aluminum in them make decrease bowel movements. Ironically antidepressants could cause depression through constipation and constipation could cause depression.

Lack of exercise and movement throughout the day is key. If you sit for hours at a time your body is in trouble in many ways including constipation.

Lack of Water Water intake should be a minimum of 64 oz a day for an adult. Many health experts like Gary Young say a gallon is more like it. Water is especially important when you are using your Comfortone and Detoxzyme. Make sure you get enough.

Is the Comfortone or Detoxzyme a Laxative?

No technically it is not a laxative and will not give you diarrhea. If it does then just cut down on your amounts.

But I go the bathroom 3 times a day already

Many people do go the bathroom 3 times a day, but the quantity coming out is not the same as the quantity going in. Where does it go? It starts to stick to the colon wall and create build up. So even skipping a few bowel movements can create this.

Your Comfortone and Detoxzyme commitment!

I suggest make a 90 or 120 day commitment to your health with Comfortone and Detoxzyme.

Improved health takes effort and time. Their nutritional effects may not be seen right away. Most people start to notice changes in the 3-4 weeks. This is good because your body did not get in the condition it did over night it took years to create poor health and will take months to years to improve it.

So make the commitment to better health today!

What makes these supplements so different from everything else out there?

The producers Young Living is one of the world's leaders in research for better health and nutrition. Led by Gary Young a pioneer in bringing high quality nutritional supplements enhanced with therapeutic essential oils. Therapeutic Essential oils increase the absorption of nutrients from foods, plus creates cleansing and detoxification. Young Living was the first company to add essential oils to their supplements. Comfortone and Detoxzyme stand alone for their ability to create improved digestion and detoxification.

Take it from me I have tried the best colon cleansers on the market and various enzymes. Even the best brands like Standard Process will take several different supplements to equal the same constituents in one bottle of Young Living's Comfortone or Detoxzyme. And many of these great brands don't have the oils to increase their effects. Nothing compares to Comfortone and Detoxzyme.

Comfortone:

*An all-natural, herb-based colon cleanser that includes an advanced mix of pure essential oils. Supportive of normal peristalsis (the wave-like contractions that move food through the intestines), Comfortone is designed specifically for cleansing the colon and counteracting the bloating, gas, and indigestion. The waste products and gases in the colon may have a high concentration of toxic by-products that may leach into the organs and tissues. [150 capsules.]

How to use:

Take two to five capsules before breakfast and two to five before bedtime. For best results, drink eight to ten 8-oz. glasses of water throughout the day. Take as needed for indigestion.

Ingredients:

German chamomile flowers, Cascara sagrada, bentonite, diatomaceous earth, psyllium seed, fennel, burdock root, garlic, barberry, Echinacea pupurea root, ginger root, apple pectin, licorice root, cayenne pepper, the essential oils of rosemary (*Rosmarinus officinalis*), tarragon (*Artemisia dracuncululus*), peppermint (*Mentha piperita*), ginger (*Zingiber officinale*), anise (*Pimpinella anisum*), mugwort (*Artemisia vulgaris*), tangerine (*Citrus nobilis*), German chamomile (*Matricaria recutita*), and gelatin.

“There is NOTHING we achieve without some measure of failure.”

Testimonials

I can definitely tell a difference when I use my Detoxzyme and Comfortone combination. I have a lot of difficulty with constipation and when I ran out is when I realized how good these products worked. The bloating and fullness was awful until I got my detoxzyme and Comfortone combination going again.

— L PRITCHARD, OSWEGO, NY

Before Young Living I used to go 3-5 days without having a bowel movement. I have taken at least 6 enzymes, Detoxzyme being one of them daily, along with Comfortone for several years now. I am no longer bloated and I have regular bowel movements and rarely get sick. I also have my children take them both daily. Comfortone works best for me when taken with dinner and if I feel it is necessary I take again in the morning.

— KATHY KOUWE

At first I didn't think the Comfortone was working for me. Then I increased my water intake and started adding Lemon oil to my water and I instantly started to feel my body cleanse.

— D SUTTERBY, LAKELAND, FL

I didn't realize how well the Comfortone worked until I stopped taking it. With Comfortone you get out a lot more stuff with each elimination. I can't wait to start the Detoxzyme and see how that helps me.

— C SHARKI, PITTSBORO, NC

I could not believe how fast Detoxzyme works for me. I always get terrible stomach pains and diarrhea when I eat out. With detoxzyme I can eat out and don't get any pain or instant diarrhea.

— K WHITING, STERLING, NY

Dr. Terry S. Friedmann, M.D. (family practice doctor) shares with us our need for Enzymes:

The definition of enzyme is “A protein chemical that accelerates a chemical reaction in the body without being consumed in the process.”

We need enzymes for our very existence. Just as the life process depends on oxygen, it also depends on enzymes. While oxygen is fuel to the body enzymes are the “go-betweens” that control the rate and speed of the energy output of each cell. They are catalysts. They energize you by helping to start your day and keep you going. They are needed for every chemical reaction in the body. Vitamins, minerals, and other nutrients cannot be used effectively without enzymes. The function of the immune system depends upon the presence of enzymes as well. Once microbes have invaded, the body works to produce the enzymes needed for the smooth operation of the immune system.

We have over 3,000 different enzymes in our bodies. Some are derived from foods and others are produced in the body. The pancreas produces digestive enzymes, and the salivary glands produce other enzymes that help break down food so it may be properly assimilated. On the other hand, over 200 ailments are the result of lack of enzymes. For example, people who have cystic fibrosis lack the enzymes trypsin and lipase.

As we age, our enzymes diminish. Tests have shown that 70-year old people have about half the enzymes of 20-year olds.

The Russian Dr. A.E. Leskavar reported, however, in an article by Dr. Marcus Welner, that “supplementation with enzymes increases the macrophages (cells that destroy microbes and cancer cells) by 700 percent and kills cells by 1300 percent in a short time.” Some of the most commonly available enzymes are Papain, Bromelain, Trypsin, Pancreatin, and Amylase.

There are three important classifications of enzymes. First, there are “metabolic” enzymes. This class of enzymes assists our mental and sensory systems, thinking, hearing, smelling, seeing, and feeling. They also repair damaged tissue.

The second category is what we could call “food enzymes” because they are responsible for the digestion and assimilation of our foods. As the capacity of our body to produce those enzymes in adequate amounts diminishes, we must draw on other sources. One of these sources is from our supply of “metabolic” enzymes. Now, taking from them impairs our ability to think, see, hear, and repair our tissues.

It is necessary to digest our sugars. If not, they will ferment in our gut and feed the yeast. So, Young Living created “**Carbozyme**”™ to do this. This product contains bee pollen to deliver the enzyme “Amylase,” which digests the starches.

“**Lipozyme**”™ is another enzyme developed by Young Living and as the name implies, it digests the fats

Dragon Time for Female Support

ABOUT DRAGON TIME

From the *Essential Oils Desk Reference*, 3rd Edition

Dragon Time

Relieves PMS symptoms and menstrual discomforts including cramping and irregular periods. Combats mood swings and headaches caused by hormonal imbalance.

Ingredients

Clary Sage (*Salvia sclarea*) balances the hormones. It contains natural sclareol, a phytoestrogen that mimics estrogen function. It helps with menstrual cramps, PMS, and circulatory problems.

Yarrow (*Achillea millefolium*) balances hormones and reduces inflammation.

Lavender (*Lavandula angustifolia*) is relaxant that combats anxiety, headaches and PMS symptoms.

Jasmine (*Jasminum officinale*) is used for muscle spasms, frigidity, depression, and nervous exhaustion.

Fennel (*Foeniculum vulgare*) is antiseptic and antispasmodic. It has estrogen-like activity and hormone-like activity.

Marjoram (*Origanum majorana*) relieves muscle spasm and calms nerves. It relieves menopause symptoms as well as painful periods.

Application

Dilute 1 part EO to 1 part vegetable oil.

Possible skin sensitivity.

Diffuse, directly inhale, or add 2-4 drops to bath water. Apply 1 to 2 drops on wrists, neck, temples, or foot VitaFlex points. Dilute 1:15 with

vegetable oil for a full-body massage. Apply as a hot compress over lower abdomen, across lower back, or on location of pain.

DRAGON TIME PRODUCTS

Essential Oil Blend

15 ml., \$30 Wholesale

Massage Oil

3.85 oz., \$15.75 Wholesale

Bath & Shower Gel

8 oz., \$11.75

TESTIMONIALS

Question:

I have a friend who is interested in Dragon Time for her menstrual cycle. She is 40 yrs old and says she gets crabby during her cycle. She wants to know what it smells like. I have not used it—and do not have anything in my stash that resembles it. I know it has Jasmine in it, but I do not know what Clary and Sage smell like—does it overpower the Jasmine? Also, what is the correct way to use the oil. Also my friend does not like Valor—which is generally a scent most people like—hence she wants to understand what Dragon Time smells like. Looking forward to your comments.

— RONNA ROSENBERG

Participant Answers:

I would describe Dragon Time as smelling very earthy, like Mother Earth :) The funny thing for me is that it only smells good to me when I have my period/cramps. The rest of the month (when I don't need it) it is not a smell I really am drawn towards, but that is completely different during my menses. It works

very well to decrease cramps and moodiness. I rub it on my low belly for cramps, and also inner and outer ankles as those are the vitaflex points or meridians for our reproductive organs.

— HTH, RACHEL SENT VIA BLACKBERRY FROM T-MOBILE

I use the dragon time massage oil, instead of the actual oil. I think it smells great and I rub some on my lower abdomen and lower back and within minutes my aches and cramps are gone. I'm not sure what jasmine smells like by itself so it's hard for me to say. But typically if someone does not like the smell of an oil it's usually one they need.

— SHERRY

When I used Dragon Time in the summer for menstrual cramps, my upline/sponsor had me put it on the inside of my leg just above my ankles (some kind of reflex point for the uterus there). This plus more clary sage really made a difference and the period was much less painful the next day. If she didn't like the smell, you could figure out a way to apply it to that area without touching it (I'm thinking put a drop on the leg and rub both ankles together, like a cricket).

— JEN

I don't like the smell of Dragon Time, but I use it faithfully every month. I massage it over my ovaries and on my breasts. It stops cramps and swelling. I use the D.T. massage oil and the D.T. shower gel as well. I would never stop using it because of the smell, as the benefits outweigh the negative! It doesn't smell like Jasmine to me.

— SUE GANTICK

“Thought linked with purpose becomes Accomplishment.”

Dragon time smells wonderful. It works so well on my daughter. In our trairing it suggests using Mister for women over 40. When we took our trairing and she was doing the raindrop on me, I was menopausal or pre menopausal. She would zap every drop of my hormones I had and leave me really low. So when she did me or I did her, we used Mister along with white angelica to balance our hormones and that way she didn't drain me. We would place the mister on the lower back. I think dragon time (for her) worked well on the lower tummy and the naval. She still uses it for cramping.

— ROSE

MORE ON MENSTRUAL CRAMPS

I'm quite new to these oils and wanted to share my first testimonial. For 21 years, I've been taking 400-800 mg of Ibuprofen every 4-6 hrs., for a couple days of the month, for menstrual cramps. (These are not fun cramps without the ibuprofen.) Upon learning about these oils, I was excited to try something that would support my system naturally. I tried 2 drops of Dragon Time on my tummy. The cramps were do-able. I thought, well this isn't great but at least I'm not throwing up or in bed in the fetal position. But then about 3-4 hours later (when I was almost ready to reapply), they were completely gone! Yeah!! I did put 2 more drops on the next morning because I was going to be gone and didn't want any cramps to start. That was all I ever applied. I'm SO excited. God is good to give us these oils.

— SHELLY WANNINGER

MIGRAINE / HEADACHE

Today I awoke with a migraine caused by my menses. It was so bad that I just wanted to cry. Being new and not having many oils I

tried the Dragon Time on my neck. After applying this I went to sleep and slept for about 3 hours, after struggling last night to sleep. I woke up feeling better. I have put more on my neck before going to bed.

— LAURIE NITSCHKE

A headache started in the early morning due to PMS, and with time it was getting much worse. I remember reading in the Essential Oil Desk Reference, that applying oils to the softer, thinner part of your skin, like under the armpit area, or between the thighs it penetrates faster. So I had a bottle of Dragon Time and with about 6 drops in my hand, rubbed my hands together and placed it in those areas. Instantly, the headache was dissapating, and within 20-30 minutes my headache was completely gone.

— LISA JOCK

HOT FLASHES

The nurse I'm working with told me to write you because she doesn't have email. She wants the whole world to know that dragon time -two times a day on her feet and abdomen, was the only thing that has ever worked for her hot flashes!!! She is very excited...

— SARAH

I have tried ingesting and applying clary sage, Sclaressence and Dragon Time esseential oils and noted their effects on my hot flushes. They have all greatly reduced the intensity of the flushes and the frequencies. I am currently applying to the back of my neck and the clavicle (notch where collarbones meet at base of neck) 1 drop only of Dragon Time morning and evening, and I'm finding this works really well. I may get up to 2 very mild hot flushes a day. I am determined to get my hormones in balance and when progessence and prenlone + become available I

will try first one and then the other to see which one helps the best. There are several good oil blends for hormones, so if one doesn't produce the desired effect, just keep trying, testing and energizing your body at the same time.

— DEBBIE BARONIAN, NEW ZEALAND

YEAST INFECTION

Use Aroma Siez with Dragon Time. Dilute 1-2 drops in 1 oz. V6 Mixing Oil or Massage Oil Base and use in a douche once daily for two weeks. This recipe is the one I used a long time ago. It worked so well, I was back to normal in 36 hours!! The V6 Mixing Oil is the only carrier oil I trust as far as purity. I haven't had a yeast infection now in years since using Alkalime supplement everyday to help balance my pH.

— APRIL TRAVIS

DRAGON TIME HELPS HORSE!

I use many oils on my horses for all kinds of reasons, I have a young horse who had her first heat cycle, and she was 'witchy' I used the Dragon Time like a Raindrop treatment, and within 10-15 minutes she was sweet and kind again!

— JESSICA LYNN

Thank You For Your Referrals.

We appreciate your thoughtfulness in introducing us to others who may be interested in better health and/or extra income. The more Referrals, the more you will be rewarded.....ask us how!

Enzymes

continued from page 3

in our diet as well as those already in our bodies. Remember, toxins tend to be stored within our body fat.

Then, for the digestion of proteins, Young Living developed "**Polyzyme**"™. This enzyme allows us to produce the proteins, which are used as building blocks for our body's growth, and to repair tissue.

The third category is to support our immune and defense system. For this, Young Living has developed "**Allerzyme**"™ an enzyme for those people who are allergic to their environment and the food that they ingest. It assists in the digestion of the mucus and microbes including bacteria and fungi that have found their way into the body. The second one is "**Detoxzyme**"™ which was formulated to detoxify your body from the chemicals and other toxins that we are exposed to on a daily

basis. One of the ingredients of "**Detoxzyme**"™ is the essential oil, DiTone, which augments the activity and delivery of the enzymes significantly. Added to this product is an enzyme that digests cellulose, which destroys fungi and other harmful organic material that can cause overgrowth in our intestinal system. The product "**Fiberzyme**"™ also digests cellulose as well as other plant fibers. Remember, a healthy functional gut is essential because of the fact that 50% of our immune system is located in the wall of our intestinal tract.

It is clear that enzymes are essential elements of body, promoting health and longevity. So where there is a need, I encourage everyone to supplement that need.

— DR. TERRY S. FRIEDMANN, M.D.

Enzyme products referred to by Dr. Friedmann from Young Living:

Carbozyme, Code #3267

Lipozyme, Code #3269

Polyzyme, Code #3256

Allerzyme, Code #3201

Detoxzyme, Code #3203

Upcoming Events at Waterloo Holiday Inn

October 19

Nida Gonzales 2 - 4pm

November 23

Young Living Expo 11am - 5pm

December 14

Christmas Bazaar 2 - 4pm



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